

Barbell warm-up card

Ramp up from the empty bar to your working weight in a few easy jumps. Keep warm-up reps low and easy, so they prepare you without tiring you.

The ramp: 40% → 55% → 70% → 85% of your working weight, then your working sets. Steps that would be lighter than the empty bar are skipped.

Ready-made warm-ups (20 kg bar)

Working weight	40%	55%	70%	85%
40 kg	skip	20 kg empty bar each side	27.5 kg 2.5 + 1.25 each side	32.5 kg 5 + 1.25 each side
60 kg	22.5 kg 1.25 each side	32.5 kg 5 + 1.25 each side	40 kg 10 each side	50 kg 15 each side
80 kg	30 kg 5 each side	42.5 kg 10 + 1.25 each side	55 kg 15 + 2.5 each side	67.5 kg 20 + 2.5 + 1.25 each side
100 kg	40 kg 10 each side	55 kg 15 + 2.5 each side	70 kg 25 each side	85 kg 25 + 5 + 2.5 each side
120 kg	47.5 kg 10 + 2.5 + 1.25 each side	65 kg 20 + 2.5 each side	82.5 kg 25 + 5 + 1.25 each side	100 kg 25 + 15 each side
140 kg	55 kg 15 + 2.5 each side	75 kg 25 + 2.5 each side	97.5 kg 25 + 10 + 2.5 + 1.25 each side	117.5 kg 25 + 20 + 2.5 + 1.25 each side
160 kg	62.5 kg 20 + 1.25 each side	87.5 kg 25 + 5 + 2.5 + 1.25 each side	110 kg 25 + 20 each side	135 kg 25 + 25 + 5 + 2.5 each side
180 kg	70 kg 25 each side	97.5 kg 25 + 10 + 2.5 + 1.25 each side	125 kg 25 + 25 + 2.5 each side	152.5 kg 25 + 25 + 15 + 1.25 each side
200 kg	80 kg 25 + 5 each side	110 kg 25 + 20 each side	140 kg 25 + 25 + 10 each side	170 kg 25 + 25 + 25 each side

Write your own

Lift	Working weight	40%	55%	70%	85%

Plates per side assume standard 25, 20, 15, 10, 5, 2.5 and 1.25 kg plates; the loaded weight is the nearest you can make. Any weight, any bar: bodywise.io/hub/tools/barbell-warm-up-calculator